

EXECUTIVE SUMMARY

Prevalence rates for most health risk behaviors were similar to the national medians. However, a few differences were noted as indicated below.

Access to Health Care

Montanans fared worse than more than one-half the states in the United States with more than one in five adults (21%) ages 18 to 64 reporting no health insurance coverage at the time they were interviewed.

Health Status

The self-reported health status of Montanans was essentially the same as the nation's median, meaning about one-half the states either fared better or worse than Montanans who said their general health was "fair" or "poor". The proportion of Montanans who reported being overweight was similar to the national median, but for reports of being obese the proportion of Montanans was almost four percentage points lower than the national median. For most other measures of health status or outcomes (prevalence of chronic conditions such as cardiovascular disease (heart attack, stroke, angina and asthma), Montana estimates were also similar to the nation's median. Montanans reported substantially less clinically diagnosed diabetes than the majority of the states in the US.

Risk Factors

Montana adults were less likely to report no leisure time physical activity and to report having slightly better consumption of fruits and vegetables than other US adults. The differences in heavy and binge drinking, as well as cigarette smoking were generally small compared to the US median.

Preventive Measures

Montana adults were less likely than the majority of Americans to have their blood cholesterol levels checked within the five years prior to being surveyed. Influenza vaccination estimates for adults ages 65 and older were similar to the nation's median but this age group was more likely to ever have had a pneumococcal immunization than adults nationwide.

Population Subgroups

Certain population subgroups in Montana are at greater risk for premature death and disability than the population as a whole. Young adults (18-24), adults with less education (particularly those who have not completed high school) adults with low household incomes (<\$25,000) and American Indian/Alaska Natives are often at greater risk due to certain health-risk behaviors and conditions.

Estimated Number of People at Risk

Approximately 483,000 Montana adults reported 2 or more of the following serious risk factors: current smoking, binge drinking, heavy drinking, BMI \geq 25, insufficient sleep, and no leisure time physical activity. Further, about 146,000 Montana adults have 2 or more of the following chronic conditions: current asthma, ever had a heart attack, ever had a stroke, coronary heart disease, diabetes, hypertension, and high cholesterol. Those with multiple chronic conditions tended to have lower educational attainment and lower household income than other Montana adults.